

Mark your calendars for  
August 8, 2010 for the  
inaugural Two Rivers Century.  
Be a part of history!

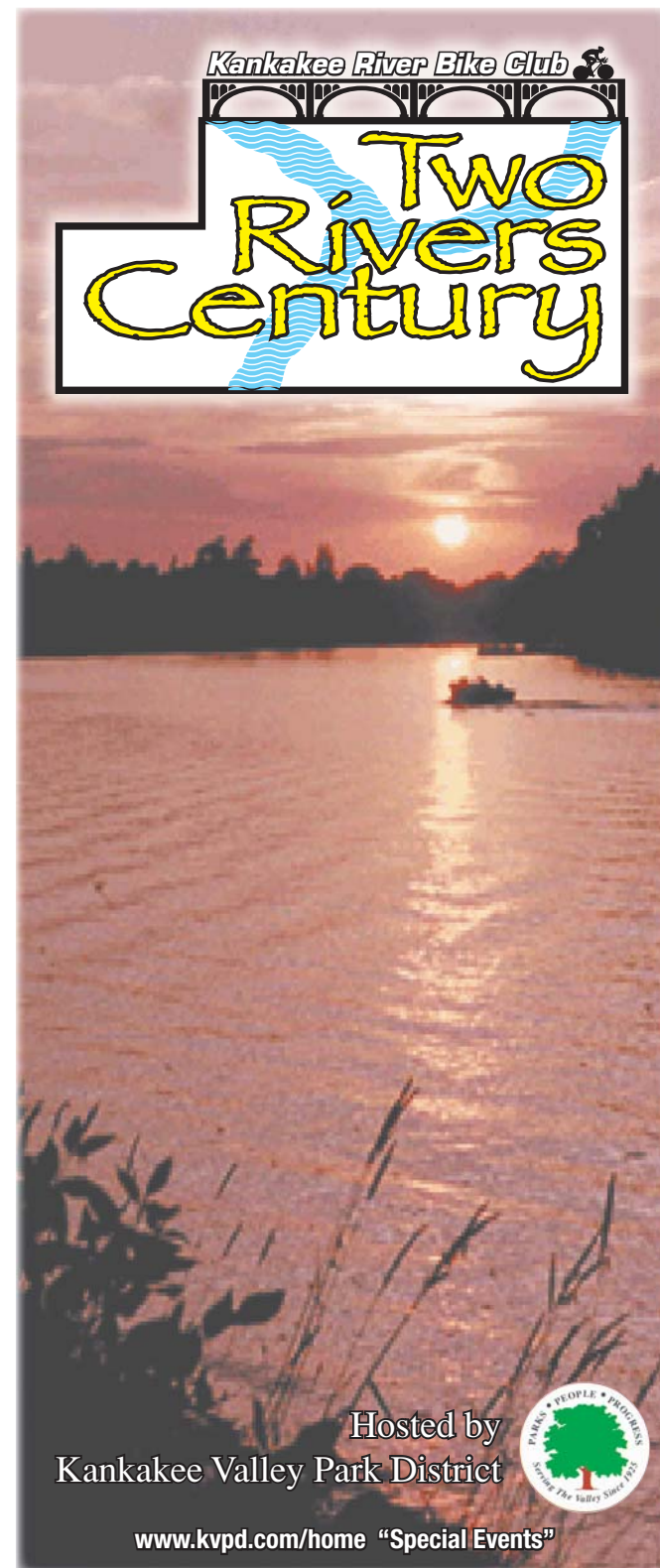
Join us for an enjoyable one day ride in Kankakee County along TWO scenic Illinois rivers! Kankakee County boasts both the Kankakee and the Iroquois Rivers, each a treat to see on our many riverside roads. On the ride, you'll see not only the two rivers, but downtown Kankakee, Kankakee Community College, The Shapiro Clock Tower, two Frank Lloyd Wright homes, Island Park in Momence, and much more!

The ride starts and ends at Splash Valley Aquatic Park (1850 River Road, Kankakee, IL 60901). There are four distance options: 22, 45, 62 or 100 miles (100 mile option is the Momence loop twice). The routes are mostly flat, but very scenic, along rivers. There will be rest stops approximately every 9-15 miles to rest and refuel. Shower facilities will be available at the aquatic park after the ride.

Say you were at the very first  
**Two Rivers Century!**  
Come join us for a great ride!

Proceeds will benefit the Greenways & Trails Fund of the Community Foundation of Kankakee River Valley, working with multiple governments to develop the Riverfront Trailways.

Kankakee River Bike Club  
P.O. BOX 993  
Kankakee, IL 60901



Hosted by  
Kankakee Valley Park District



[www.kvpd.com/home](http://www.kvpd.com/home) "Special Events"

**INFORMED CONSENT, ASSUMPTION OF RISK, AND WAIVER, RELEASE, AND INDEMNITY AGREEMENT.**

1. I understand and acknowledge that the nature of bicycling activities require physical effort and pose a risk of exhaustion, stroke, and heart attack, as well as serious bodily injury, including permanent disability, paralysis and death. I understand the special dangers associated with bicycling on open public roads, which risks include, but are not limited to: collisions with animals, pedestrians, vehicles, other cyclists, and other fixed and moving objects; the dangers of surface hazards and weather conditions, pot holes, rail road tracks, broken roads, rocks, sticks, other obstructions or debris, slippery surfaces, lightning, wet and wind and heat and cold; equipment failure; inadequate or absent safety equipment. I know that these risks and dangers may be caused by my own actions, or inactions, the action or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of those entities being released below. I know there may be other risks and damages and social economic losses either not known to me or not readily foreseeable at this time.

2. **Knowing the many risks, I assume those risks, and relieve the sponsors identified below from any and all responsibility for any injury or damage that may occur.** I further agree and promise that if any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. I agree to follow the Illinois Rules of the Road and use special care for myself and others present. I agree to wear a helmet while on a bicycle. I am adequately trained to complete the route I have chosen to ride. I agree to cooperate to "share the road" and agree not to ride two or more abreast when it impedes traffic. **After being informed of, and assuming all risks,** and in consideration of being permitted to participate, in any way, in a Kankakee River Bike Club sponsored bicycling activity, I for myself, my personal representatives, assigns, heirs, and next of kin,

3. I hereby **RELEASE, DISCHARGE, AND COVENANT NOT TO SUE, Kankakee River Bike Club, Kankakee Valley Park District, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable owners and lessors of premises on which the activity takes place.** (Each considered one of the released entities herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASED ENTITY OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf makes a claim against any of the releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES** from any litigation, expenses, attorney fees, loss liability, damage, cost which may occur as a result of such claim, and authorize the Kankakee River Bike Club to release my demographic information to the League of Illinois Bicyclists and Bicycle Magazine for free promotional items, but not to sell to or use with other parties.

4. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS TO BE HELD VALID THE BALANCE NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.

**Use this form and mail in OR register online at: [www.kvpd.com/home](http://www.kvpd.com/home) "Special Events"**

Signature of participant (or guardian if participant is under 18) \_\_\_\_\_ date \_\_\_\_\_

Print name of participant \_\_\_\_\_ age \_\_\_\_\_ date \_\_\_\_\_

**ROUTE:** (circle one): 22 45 62 100 (Momence Loop twice) \$ \_\_\_\_\_  
**\$20 if received by June 30, 2010; \$30 if received after June 30, 2010.**

**T-SHIRT:** How many? \_\_\_\_ **SIZE:** S M L XL XXL (\$15/each) \$ \_\_\_\_\_

**SPLASH VALLEY:** How many? \_\_\_\_ (\$3 / rider; \$5 / add'l people) \$ \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Contact Phone # \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

Please send completed form and payment (payable to) to:  
**Kankakee Valley Park District,**  
 893 W Station, Kankakee, IL. 60901  
 Attn: Jen

\$ \_\_\_\_\_  
 TOTAL

**PLACE:**  
 Kankakee, IL (Splash Valley Aquatic Park)

**DISTANCES:**  
 22 miles, 45 miles, 62 miles, 100 miles.  
 (100 mile option is the Momence loop twice)

**REGISTRATION:**  
 7am to 11am at Splash Valley Aquatic Park.

**TIME:**  
 Century Riders should leave by 8:00 a.m.,  
 Metric Century should leave by 9:00 a.m.  
 Sag stops at 3:30 p.m.

**FEES:**  
 \$20 if received by June 15, 2010  
 \$30 if received after June 15, 2010.  
 \$5 children 5 and under.

**Fee includes** well-marked maps, SAG service, snacks on the the route, and fun!

**But wait! There's more!** For only **\$3**, you can get admission to **Splash Valley Aquatic Park!** Cool off after the ride with the pools & waterslides!

Bring the family! They can swim while you ride!  
 Only \$5 for non-riders!

**LODGING:**  
 For a wide range of lodging options, visit:  
[www.VisitKankakeeCounty.com](http://www.VisitKankakeeCounty.com)

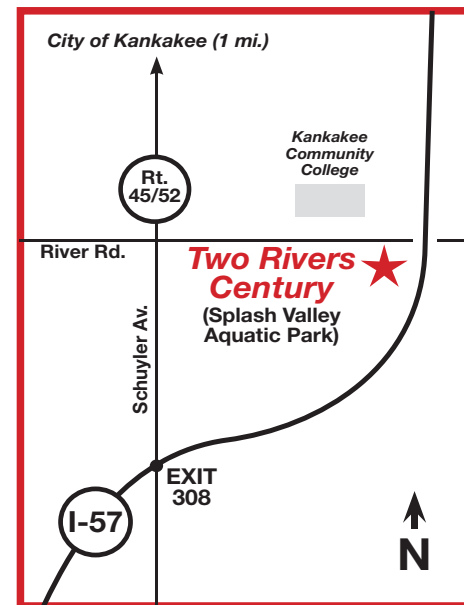


- ON THE RIDE:**
- 1) Follow the rules of the road
  - 2) Helmets are required. No headphones. Safety first!
  - 3) Make sure your bike is in good condition.
  - 4) Wear appropriate clothing.
  - 5) Be prepared for fun with other cyclists, and seeing beautiful views!

**Just about an hour away from Chicago and Champaign, Kankakee is easy to get to using I-57.**

Kankakee County offers a rich historic heritage, the Kankakee River State Park, and anything from cozy hotels, bed & breakfasts and fantastic restaurants to extraordinary golf courses, unique shopping, one-of-a-kind festivals, and exhilarating outdoor adventures.

**DIRECTIONS:** Take Exit 308, go north on Rt. 45/52 about 1/2 mile, turn right on River Rd (Co. Hwy. 40), Splash Valley will be on the right after approx 1.5 miles.



**BONUS!** For only **\$3**, you can get admission to **Splash Valley Aquatic Park!**  
 Cool off after the ride with a dip in the pools & waterslides!

(Bring the family! Only \$5 for non-riders)  
[www.splashvalley.com](http://www.splashvalley.com)



More Info:  
[www.kvpd.com/home](http://www.kvpd.com/home) "Special Events"

